

Kentucky State Parks

Adventure Programs



All Kentucky State Park Adventure Programs are subject to change and may be cancelled or postponed by the Kentucky Department of Parks due to unforeseen circumstances. Please confirm event schedule prior to arrival for date, time and fee information, especially if you plan to visit a Kentucky State Park for a specific event or program.

Event / program details and contact information for all 52 Kentucky State Parks can be found www.parks.kv.gov.

CANOE EXCURSIONS



Natural Bridge State Resort Park – Canoeing for Beginners

4/4/2009

Learn the basics of canoeing on the Mill Creek Lake at Natural Bridge State Resort Park and then experience river canoeing on the beautiful Red River in the Red River Gorge Geological Area. The river trip is 8 miles on an enjoyable class I section of the Red River. Space is limited and pre-registration is required. Registration fee of \$25 per person includes guide, canoe, paddle, and life jacket.

Contact Information: Brian Gasdorf, Park Naturalist. 606-663-2214.

Brian.Gasdorf@iiky.gov

Blue Licks Battlefield State Resort Park – Overnight Canoe Trip on the Licking River

5/30/2009 to 5/31/2009, 6/20/2009 to 6/21/2009

An all-inclusive 23-mile excursion on the Licking River. Park will supply canoes, life jackets, tents, sleeping bags, bed rolls, snacks, evening meal, and breakfast all for just \$99 per person. You will cover 14 miles on the Saturday and return to the park by 1:00 pm on Sunday. Contact Paul Tierney at 859/289-5507 or 800/443-7008 for information and reservations.

Contact Information: Paul Tierney, Park Naturalist. 859-289-5507. ptierney@iigx.net

Pennyrile Forest State Resort Park – Canoe the Tradewater River

6/20/2009

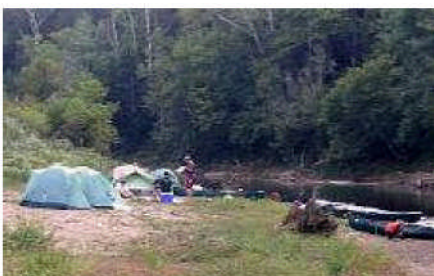
Ever saw beautiful sandstone cliffs along a rivers edge, or enjoyed a backcountry river trip? This is your chance. Rebecca Clark, the park's naturalist will take the group to the Tradewater River for this awesome outdoor adventure. The flat water canoe trip is recommended for people ages 12 and up who have canoed before. The maximum number of participants is 18. A couple kayaks are also available for rent. Lifejackets and paddles provided. Bring your own sunscreen and bug repellent. These trips will be half-day trips. Snacks and water will be provided. Fee is \$20 per person.

Contact information: Becky Clark, Park Naturalist. 270-797-3421. RebeccaE.Clark@iiky.gov

Jenny Wiley State Resort Park – Overnight Canoe Trip on Upper Dewey Lake

Dates to be Announced

Contact Information: Trinity Shepherd, Park Naturalist. 606-889-1790. Trinity.Shepherd@iiky.gov



OVERNIGHT BACKCOUNTRY BACKPACKING

Cumberland Falls State Resort Park – Backpacking 101

2/28/2009 to 3/1/2009

Let the naturalist staff at Cumberland Falls teach you the basics of environmentally responsible backpacking while you enjoy the beautiful Daniel Boone National Forest. These treks are guided overnight trips designed both for folks without a lot of experience in the

backcountry as well as for more experienced backpackers who are interested in learning minimum impact camping techniques. Not only do we provide instruction on how to plan on overnight trip, but we also provide all of the equipment needed on your weekend with us. Each trip is approximately 8-10 miles round-trip with 300 feet of elevation change. Participants must be able to walk the distance carrying at least 25 pounds. Limited to ages 18 and up. Registration fee of \$75 per person includes all equipment rental, instruction, and meals. Registrants will receive a list of suggested personal items to bring.

Contact information: Bret Smitley or Steve Gilbert, Park Naturalists. 606-528-4121. [BretA.Smitlev\(iikv.gov\)](mailto:BretA.Smitlev@iikv.gov) or [Steve.Gilbert\(iikv.gov\)](mailto:Steve.Gilbert@iikv.gov)
[Steve.Gilbert\(iikv.gov\)](mailto:Steve.Gilbert@iikv.gov)

Barren River Lake State Resort Park – Overnight Backpacking/Camping Trip

3/14/2009 to 3/15/2009 & 3/28/2009 to 3/29/2009

Are you wanting to try backpacking (or get back into it) but don't want to purchase all the equipment? We will be practicing Leave No Trace as we guide you on this overnight outing under the stars. You must pre-register for this event. We provide all the equipment.

Contact Information: Lisa Deavers, Recreation Supervisor. 270-646-2151. [Lisa.Deavers\(iikv.gov\)](mailto:Lisa.Deavers@iikv.gov)

Natural Bridge State Resort Park – Beginner's Backpacking Workshops

3/14/2009 to 3/15/2009 & 3/21/2009 to 3/22/2009

Enjoy the beauty of Natural Bridge and the Red River Gorge area while learning the basics of Leave No Trace backpacking! Trips are 8-10 miles round-trip with an elevation gain of 400'. Participants must be able to hike this distance carrying 30 pounds. Space is limited and participants must be 18 or older. The registration fee of \$85 per person includes instruction, equipment and meals for the duration of the trip. Pre-registration is required and space is limited.

Contact Information: Brian Gasdorf, Park Naturalist. 606-663-2214. [Brian.Gasdorf\(iikv.gov\)](mailto:Brian.Gasdorf@iikv.gov)

Lake Barkley State Resort Park – Barkley Backpacking 101

4/4/2009 to 4/5/2009 & 5/9/2009 to 5/10/2009

Interested in spending a night under starry skies and a day surrounded by woods and water? Setting out on an overnight backpacking trip and investing in the gear to do it can be a chore - unless you've been on one of Barkley's Backpacking 101 Weekends! Join the Park Naturalist on Saturday morning for a one-night camping trip where we provide the gear, the experience, and the memories! Registration is limited, so call at least two weeks ahead and reserve your spot.

Contact information: Jenny Howard, Park Naturalist. 270-924-1131. [Jenny.Howard\(iikv.gov\)](mailto:Jenny.Howard@iikv.gov)



HIKING

Natural Bridge State Resort Park – Exploring Arch Country Guided Hikes 1/10/2009

For the adventurous only! Enjoy a day of hiking throughout Kentucky's Land of the Arches! On these guided hikes you will get a good look at the area's rugged cliff lines, rock shelters, rhododendron and natural arches. Destinations include both well-known features as well as some little known secrets! Each trip is different. Total distances vary from 6 to 12 miles. Pre-registration is required and space is limited. \$10/person registration fee. Adults and children ages 12 and up welcome.

Contact Information: Brian Gasdorf, Park Naturalist. 606-663-2214.
[Brian.Gasdorf\(iikv.gov\)](mailto:Brian.Gasdorf@iikv.gov)

Carter Caves State Resort Park – Unbridled Adventure Program “Arches & Karst Trek”

3/7/2009

During the trek you will hike and see two amazing natural bridges, enjoy scenic views of Smoky Lake and see many exposed sandstone & limestone cliffs. The trek continues into the beautiful Horn Hollow Valley where you will get to view the entrance and/or peak inside of Horn Hollow Cave. From there we will hike back to civilization and the comforts of life. Required equipment includes sturdy shoes, a pack lunch, a couple of bottles of water, and a flashlight if you want to peak inside of Horn Hollow Cave. The fee includes the guided hike, a souvenir walking stick and a Carter Caves Hiking stick medallion. The fee is \$20 per person. Meet at the Welcome Center at 9:30am. The trek is approximately 6 miles and 4-5 hours in length. Pre-registration required! Call the Recreation Department at the park to register.

Contact Information: Coy Ainsley, Park Naturalist. 606-286-4411. [Coy.Ainsley\(iikv.gov\)](mailto:Coy.Ainsley@iikv.gov)

Pennyrile Forest State Resort Park – Half Day Hike at Macedonia

3/21/2009

Macedonia is an area of the Pennyrile Forest region that was once a small town. The trail that leads there today is frequented by mountain bikers and hikers. It is made up of several loops that can be done in different combinations to make the trail longer or shorter. Naturalist, Rebecca Clark will lead the group on several loops of the trail and discuss the history of the area and the changing forest.

Contact information: Becky Clark, Park Naturalist. 270-797-3421. RebeccaE.Clark@iikv.gov

Lake Barkley State Resort Park – Barkley Backcountry Weekend

3/27/2009 to 3/29/2009

Get outside at Lake Barkley! Whether you're an experienced backcountry enthusiast or a backyard explorer, you'll enjoy this event organized by and for those who love the outdoors! Throughout the weekend, we'll have outdoor experts and demonstration gear on hand, share principles of Leave No Trace hiking and camping, cook up some campfire meals together, hit the trails, discover public back country areas in Kentucky, and learn about the issues of conservation and back country concern.

Contact information: Jenny Howard, Park Naturalist. 270-924-1131. Jenny.Howard@iikv.gov

Greenbo Lake State Resort Park – Michael Tygart Hike

4/4/2009

Travel back in history on this 9-mile trek named for early Kentucky explorer, Michael Tygart. The moderately easy trek leads past a mid-19th century iron furnace, historic cemetery, and iron ore pits, descends into Pruitt Fork Valley, site of several pioneer homes and numerous wildflowers. It concludes along the scenic lakeshore. Begins at 9 a.m. and ends approximately 2 p.m. \$15 registration fee includes souvenir.

Carter Caves State Resort Park – Unbridled Adventure Program “4 c’s Trek”

5/2/2009

Test your endurance into the backcountry of the park on the Carter Caves Cross Country Trail! This 7.5-mile loop excursion is on moderately difficult terrain. It highlights swinging bridges, views of the secluded Smoky Lake and a passage through Shangra La arch. Another bonus is the many spring wildflowers that will be in bloom along the trail. Required equipment includes a sack lunch, good hiking boots, several bottles of water and a backpack to carry your equipment. The fee is \$20 per person. The fee includes the guided hike and a Carter Caves Souvenir. The trek is approximately 5-6 hours in length. Meet at the Welcome Center at 9:30am. Pre-registration is required! Call the Recreation Department at the park to register.

Contact Information: Coy Ainsley, Park Naturalist. 606-286-4411. Cov.Ainsley@iikv.gov

Cumberland Falls State Resort Park – Day Long Adventure Hike

6/6/2009

Love the outdoors but the thought of sleeping out is not for you? Then try out an all-day hiking excursion. Our hike will begin in the morning, stopping for lunch along the trail. We will hike approximately 6 miles and be finished before dark. The registration fee of \$15 includes lunch on the trail. Learn about native plant and animal life and experience some breathtaking views. Registrants will receive a list of personal items prior to their trip. The cost is \$15.00 per person. For more information or to register, please contact Steve Gilbert at Steve.Gilbert@ky.gov or 1-800-325-0063

Contact information: Bret Smitley or Steve Gilbert, Park Naturalists. 606-528-4121. BretA.Smitley@iikv.gov or Steve.Gilbert@iikv.gov



CAVING

Carter Caves State Resort Park – Carter Caves Crawlathon

1/23/2009 to 1/25/2009

The Crawlathon is somewhat unique among caving events in that it provides beneficial activities for anyone interested in caves and caving without regard to their level of expertise. Examples of the trips offered include, wild caving trips, canoeing, pit plunging, vertical workshops, proper techniques of caving workshops, kids trips, etc. The weekend also includes Friday and Saturday night presentations on cave topics and of course the squeezebox competition. Crawlathon is a weekend packed full of adventure, excitement, friends, family and memories. Registration deadline: 1/15/2008. Event time: 4pm to 12pm.

Contact Information: Coy Ainsley, Park Naturalist. 606-286-4411.

Coy.Ainsley@iikv.gov

Carter Caves State Resort Park – "BAT CAVE EXTREME"

5/30/2009

This is an extreme cave excursion into our largest cave on the park. The trip is considered strenuous and will include stooping, bending, climbing and of course lots of crawling through the dark passages of Bat Cave. You will get wet and muddy. You will encounter passages that require hand and knee crawls and belly crawls. Do not attempt this trip if you are claustrophobic, have a bad back, knees or if you are not in good health. A helmet, headlamp & kneepads are included. Required Equipment includes: A backup flashlight with new batteries, long pants & shirt, sturdy boots that cover the ankle, at least two bottles of water, a pack lunch (that is cave friendly or in other words will not smash in your pack while crawling) and a pack to carry your equipment in. The fee is \$25 per person. You must be at least 15yrs or older to participate. Pre-registration required please contact Coy Ainsley at 606-286-4411 or by email at

Coy.Ainsley@ky.gov

MOUNTAIN BIKING



Mountain Biking on Fossil Trail

4/1/2009 to 11/30/2009

We invite you to experience our Fossil Trail at General Butler State Resort Park. Come gear down with us during these open times for Mountain Biking April - November. Riders under 16 years of age must have adult/guardian rider supervision at all times. Riders must wear helmets and adhere to no ride dates as posted at Lodge Front Desk, Recreation Center and/or Bike Butler's website www.bikebutler.com. Caution is required since trail is open to hikers. Enjoy our challenging terrain and scenic beauty. One loop for the Fossil Trail is 4.5 miles and considered moderate skill level.

Contact Information: Tanya Supplee, Recreation Supervisor. 502-732-4384.

Tanya.Supplee@iikv.gov

Mountain Biking Day at the Macedonia Trail

5/3/2009

This trail area is mostly a series of 3 main single track loops, which all connect and are well marked. Most riding is considered intermediate, but is compatible for beginners who may want to walk a few rocky or root covered sections which are a bit more technical. There are also a few easily seen creek crossings, which are often dry, that can easily be walked. Loop 1 descends into a scenic creek valley with some nice cliff areas. Loops 2 and 3 travel through wooded, rolling areas, with some short steep climb but nothing too long. There will be riders there who are familiar with the

area, to answer questions about the trail, and also to lead those who wish. The length of the trail is from 4-6 miles, depending on the route taken, and can be shortened if necessary. The ride will take place rain or shine, unless the surface is so wet that it would be damaged. Registration fee is \$5 per person or \$10 per family.

Contact information: Becky Clark, Park Naturalist. 270-797-3421. RebeccaE.Clark@iikv.gov



WILDLIFE VIEWING – EAGLE WATCHES

1/16/2009 to 1/18/2009

Kentucky Dam Village State Resort Park – Gathering of Eagles

Forage in to the western Kentucky wilderness to learn about eagles and view them in their natural habitat. The weekend includes two different field trips by van or boat, viewing of an eagle nest, and educational programs. Land Between the Lakes and Ballard County Wildlife Refuge Management Area provide unique chances to view eagles and other wildlife. Different tour options available for both days. Registration fee varies based on selected tours.

Contact Information: Curtis Gamblin, Park Manager. 270-362-4271.

Curtis.Gamblin@iikv.gov

1/16/2009 to 1/17/2009

Dale Hollow Lake State Resort Park – Eagle Watch Weekend

Looking for an unforgettable encounter with nature? Why not visit us for an opportunity to view America's national symbol, the Bald Eagle, in its natural habitat? Our Eagle Weekends are devoted to the observation, education, and conservation of our national symbol.

We will be working with the KY Dept. of Fish & Wildlife and Trooper Island to provide you with a weekend you won't soon forget. Each weekend, we will offer guided boat tours on Dale Hollow Lake to view these majestic birds in the wild and educational programs one of which is a live birds of prey program. Try our Eagle Package for \$311.14, which includes Friday and Saturday night lodging for two, two dinners, one lunch, two breakfasts, one boat tour (am or pm) for two, and all programs. Educational programs will be offered including a live birds of prey program.

Contact Information: Jamie Avery, Recreation Supervisor. 270-433-7431. Jamie.Avery@iikv.gov

Dale Hollow Lake State Resort Park – Eagle Watch Weekend

1/23/2009 – 1/24/2009

Looking for an unforgettable encounter with nature? Why not visit us for an opportunity to view America's national symbol, the Bald Eagle, in its natural habitat? Our Eagle Weekends are devoted to the observation, education, and conservation of our national symbol.

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Contact Information: Jamie Avery, Recreation Supervisor. 270-433-7431. Jamie.Avery@iikv.gov

1/30/2009 to 2/1/2009

Lake Barkley State Resort Park – Eagle Watch Weekend 2009

A success story of species conservation and education in the United States, the American Bald Eagle is a spectacular bird with a captivating history. Enjoy watching this bird from land and from the water during Lake Barkley's Eagle Watch Weekend. This annual event includes boat and van eagle-viewing tours, live bird-of-prey programs, conservation and education exhibits, and more.

Contact Information: Jenny Howard, Park Naturalist. 270-924-1131. Jenny.Howard@iikv.gov

2/6/2009 to 2/8/2009

Kenlake State Resort Park – Visit with the Eagles

The magic of winter will soon be upon us, during this magical time join us at Kenlake State Resort Park to witness the majestic flight of the Eagle. Don't miss this opportunity to view America's national symbol, the Bald Eagle, in its natural habitat. Our Eagle Weekends are devoted to the observation, education, and conservation of our national symbol.

Contact Information: Cathy Clark, Recreation Supervisor. 270-474-2211. CathyJ.Clark@iikv.gov

2/20/2009 to 2/21/2009

Dale Hollow Lake State Resort Park – Eagle Watch Weekend

Looking for an unforgettable encounter with nature? Why not visit us for an opportunity to view America's national symbol, the Bald Eagle, in its natural habitat? Our Eagle Weekends are devoted to the observation, education, and conservation of our national symbol.

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Contact Information: Jamie Avery, Recreation Supervisor. 270-433-7431. Jamie.Avery@iikv.gov



WILDLIFE VIEWING – ELK WATCHES

Jenny Wiley State Resort Park – Elk Viewing Tours

1/10/2009, 1/17/2009, 1/24/2009, 1/25/2009, 1/31/2009, 2/7/2009, 2/14/2009, 2/21/2009, 2/28/2009, 3/7/2009 & 3/14/2009

Elk were introduced to Kentucky beginning in 1997 as a restoration project from the Kentucky Department of Fish and Wildlife Resources. Prior to the release, elk had been gone from Kentucky for nearly 150 years. Come witness this magnificent animal. This tour is designed for any age group as the tours occur on vans on

reclaimed surface mined areas. Tour price is \$20 per adult and \$10 for children under the age of 12 and are by reservation only.

Contact Information: Trinity Shepherd, Park Naturalist. 606-889-1790. Trinity.Shepherd@iikv.gov

Buckhorn Lake State Resort Park – Winter Elk Watch

1/17/2009 to 1/19/2009, 1/30/2009 to 2/1/2009, 1/30/2009 to 2/1/2009, 3/13/2009 to 3/15/2009, 3/27/2009 to 3/29/2009

Package of \$140/couple (\$95 for single) entitles participants to dinner and lodging on night of arrival and bagged breakfast and tour to the elk preserve the next day. Departure to the preserve will be at 5:45 A.M. Stay the night before or after with the package for \$45 (based on double occupancy).

Contact Information: Sue Thomas, Recreation Supervisor. 606-398-7510. Sue.Thomas@iikv.gov

Guided Elk Viewing Tour

1/9/09 to 1/10/09, 1/16/09 to 1/17/09 & 1/23/09 to 1/24/09

Pine Mountain State Resort Park will offer fall and winter guided elk tours in 2009. With elk sightings averaging over 100 animals per trip, the tours have proven to be wildly popular. Tour registration fees are \$20 for adults and \$10 for children 12 & under. Fee includes Friday evening elk program, Saturday continental breakfast, van transportation, guide service, elk interpretation, and a souvenir item. Participation in the Friday "Elk in Kentucky" program the evening before the tour is strongly encouraged, as it will serve as an invaluable enhancement to your enjoyment of the tour on Saturday morning. Participants are encouraged to bring binoculars, camera, water, and snacks. Park lodging reservations must be made separately.

The Saturday van tour leaves the park at approximately 5:15 am and usually returns by 10:30 am. Observations will be made from both inside and outside the vans. Walking distances are minimal. While outside the vans, all members of the tour must stay together and participants are not permitted to leave the tour to explore on their own. As well, participants are not permitted to follow tour vans in their own vehicles.

For children under 8 years of age, careful consideration should be given as to whether or not they will remain attentive and interested for the duration of the tour. As the tour provider, we feel obligated to make every reasonable effort to assure that the tour experience is enjoyable for everyone. Kentucky's Child Restraint Law requires that every child less than 40 inches in height be restrained in a federally approved child safety seat any time the van is in motion. It should also be noted that public restrooms will not be available on the tour.

Elk in Kentucky are free-ranging wild animals. While the elk viewing percentage at this site is high and chances are excellent that elk will be observed, sightings are not guaranteed. We expect to see elk on every tour, but please note that refunds will not be given in the event elk are not observed.

Contact Information: Dean Henson, Park Naturalist. 606-337-3066. Dean.Henson@iikv.gov

Please Note:

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For information on all Kentucky State Parks Adventure Programs and Special Events please contact:

**Shawn Pickens
Special Events Coordinator
Kentucky State Parks
502-564-4940 ext 247
Shawn.Pickens@ky.gov**